



New Jersey Department of Health and Senior Services

## HAZARDOUS SUBSTANCE FACT SHEET

Common Name: **SODIUM FLUORIDE**

CAS Number: 7681-49-4  
DOT Number: UN 1690

RTK Substance number: 1699  
Date: March 1998 Revision: November 2004

### HAZARD SUMMARY

- \* **Sodium Fluoride** can affect you when breathed in.
- \* **Sodium Fluoride** may damage the developing fetus.
- \* Contact can cause severe skin irritation and burns and can cause permanent eye damage, skin rash and ulcers.
- \* Breathing **Sodium Fluoride** can irritate the nose, throat and lungs causing coughing and/or shortness of breath.
- \* **Sodium Fluoride** can cause nausea, vomiting, diarrhea, abdominal pain and loss of appetite.
- \* Repeated exposure can cause weakness and muscle twitching, tremors, convulsions, coma and even death.
- \* **Sodium Fluoride** may affect the kidneys.
- \* Repeated high exposure can cause deposits of *Fluorides* in the bones and teeth, a condition called "*Fluorosis*." This can cause pain, disability and mottling of the teeth.
- \* These effects DO NOT occur when **Sodium Fluoride** is used in water for dental prevention.

### IDENTIFICATION

**Sodium Fluoride** is a white, crystalline (sand-like) powder which may be dissolved in a liquid. It is used widely in the chemical industry, in water treatment, and as an insecticide.

### REASON FOR CITATION

- \* **Sodium Fluoride** is on the Hazardous Substance List because it is regulated by OSHA and cited by ACGIH, DOT, NIOSH, IARC, NFPA and EPA.
- \* Definitions are provided on page 5.

### HOW TO DETERMINE IF YOU ARE BEING EXPOSED

The New Jersey Right to Know Act requires most employers to label chemicals in the workplace and requires public employers to provide their employees with information and training concerning chemical hazards and controls. The federal OSHA Hazard Communication Standard, 1910.1200, requires private employers to provide similar training and information to their employees.

- \* Exposure to hazardous substances should be routinely evaluated. This may include collecting personal and area air samples. You can obtain copies of sampling results from your employer. You have a legal right to this information under OSHA 1910.1020.
- \* If you think you are experiencing any work-related health problems, see a doctor trained to recognize occupational diseases. Take this Fact Sheet with you.

### WORKPLACE EXPOSURE LIMITS

The following exposure limits are for *Fluorides*:

- OSHA: The legal airborne permissible exposure limit (PEL) is **2.5 mg/m<sup>3</sup>** averaged over an 8-hour workshift.
- NIOSH: The recommended airborne exposure limit is **2.5 mg/m<sup>3</sup>** averaged over a 10-hour workshift.
- ACGIH: The recommended airborne exposure limit is **2.5 mg/m<sup>3</sup>** averaged over an 8-hour workshift.

### WAYS OF REDUCING EXPOSURE

- \* Where possible, enclose operations and use local exhaust ventilation at the site of chemical release. If local exhaust ventilation or enclosure is not used, respirators should be worn.
- \* Wear protective work clothing.
- \* Wash thoroughly immediately after exposure to **Sodium Fluoride**.
- \* Post hazard and warning information in the work area. In addition, as part of an ongoing education and training effort, communicate all information on the health and safety hazards of **Sodium Fluoride** to potentially exposed workers.

This Fact Sheet is a summary source of information of all potential and most severe health hazards that may result from exposure. Duration of exposure, concentration of the substance and other factors will affect your susceptibility to any of the potential effects described below.

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## HEALTH HAZARD INFORMATION

### Acute Health Effects

The following acute (short-term) health effects may occur immediately or shortly after exposure to **Sodium Fluoride**:

- \* Contact can cause severe skin irritation and burns and can cause permanent eye damage, skin rash and ulcers.
- \* Breathing **Sodium Fluoride** can irritate the nose, throat and lungs causing coughing and/or shortness of breath.
- \* **Sodium Fluoride** can cause nausea, vomiting, diarrhea, abdominal pain and loss of appetite.

### Chronic Health Effects

The following chronic (long-term) health effects can occur at some time after exposure to **Sodium Fluoride** and can last for months or years:

### Cancer Hazard

- \* While **Sodium Fluoride** has been tested, it is not classifiable as to its potential to cause cancer.

### Reproductive Hazard

- \* **Sodium Fluoride** may damage the developing fetus.
- \* **Sodium Fluoride** may damage the male reproductive system and affect fertility in animals.

### Other Long-Term Effects

- \* Repeated exposure can cause weakness and muscle twitching, tremors, convulsions, coma and even death.
- \* **Sodium Fluoride** may affect the kidneys.
- \* **Sodium Fluoride** can irritate the lungs. Repeated exposures may cause bronchitis to develop with cough, phlegm, and/or shortness of breath.
- \* Repeated high exposure can cause deposits of *Fluorides* in the bones and teeth, a condition called "*Fluorosis*." This can cause pain, disability and mottling of the teeth.

## MEDICAL

### Medical Testing

Before beginning employment and at regular times after that, for those with frequent or potentially high exposures, the following is recommended:

- \* *Fluoride* level in urine. Levels higher than **4 mg/dl** indicate overexposure.

If symptoms develop or overexposure is suspected, the following are recommended:

- \* Kidney function tests.
- \* Lung function tests.

Any evaluation should include a careful history of past and present symptoms with an exam. Medical tests that look for damage already done are not a substitute for controlling exposure.

Request copies of your medical testing. You have a legal right to this information under OSHA 1910.1020.

### Mixed Exposures

- \* Because smoking can cause heart disease, as well as lung cancer, emphysema, and other respiratory problems, it may worsen respiratory conditions caused by chemical exposure. Even if you have smoked for a long time, stopping now will reduce your risk of developing health problems.

## WORKPLACE CONTROLS AND PRACTICES

Unless a less toxic chemical can be substituted for a hazardous substance, **ENGINEERING CONTROLS** are the most effective way of reducing exposure. The best protection is to enclose operations and/or provide local exhaust ventilation at the site of chemical release. Isolating operations can also reduce exposure. Using respirators or protective equipment is less effective than the controls mentioned above, but is sometimes necessary.

In evaluating the controls present in your workplace, consider: (1) how hazardous the substance is, (2) how much of the substance is released into the workplace and (3) whether harmful skin or eye contact could occur. Special controls should be in place for highly toxic chemicals or when significant skin, eye, or breathing exposures are possible.

In addition, the following control is recommended:

- \* Where possible, automatically transfer **Sodium Fluoride** from drums or other storage containers to process containers.

Good **WORK PRACTICES** can help to reduce hazardous exposures. The following work practices are recommended:

- \* Workers whose clothing has been contaminated by **Sodium Fluoride** should change into clean clothing promptly.
- \* Do not take contaminated work clothes home. Family members could be exposed.
- \* Contaminated work clothes should be laundered by individuals who have been informed of the hazards of exposure to **Sodium Fluoride**.
- \* Eye wash fountains should be provided in the immediate work area for emergency use.

- \* If there is the possibility of skin exposure, emergency shower facilities should be provided.
- \* On skin contact with **Sodium Fluoride**, immediately wash or shower to remove the chemical. At the end of the workshift, wash any areas of the body that may have contacted **Sodium Fluoride**, whether or not known skin contact has occurred.
- \* Do not eat, smoke, or drink where **Sodium Fluoride** is handled, processed, or stored, since the chemical can be swallowed. Wash hands carefully before eating, drinking, smoking, or using the toilet.
- \* For solid **Sodium Fluoride**, use a vacuum or a wet method to reduce dust during clean-up. DO NOT DRY SWEEP.

## PERSONAL PROTECTIVE EQUIPMENT

WORKPLACE CONTROLS ARE BETTER THAN PERSONAL PROTECTIVE EQUIPMENT. However, for some jobs (such as outside work, confined space entry, jobs done only once in a while, or jobs done while workplace controls are being installed), personal protective equipment may be appropriate.

OSHA 1910.132 requires employers to determine the appropriate personal protective equipment for each hazard and to train employees on how and when to use protective equipment.

The following recommendations are only guidelines and may not apply to every situation.

### Clothing

- \* Avoid skin contact with **Sodium Fluoride**. Wear protective gloves and clothing. Safety equipment suppliers/manufacturers can provide recommendations on the most protective glove/clothing material for your operation.
- \* All protective clothing (suits, gloves, footwear, headgear) should be clean, available each day, and put on before work.
- \* Safety equipment manufacturers recommend *Nitrile*, *Natural Rubber*, *Neoprene*, and *Polyvinyl Chloride* as protective materials.

### Eye Protection

- \* For solid **Sodium Fluoride** wear eye protection with side shields or goggles.
- \* Wear indirect-vent, impact and splash resistant goggles when working with liquids.
- \* Wear a face shield along with goggles when working with corrosive, highly irritating or toxic substances.
- \* Contact lenses should not be worn when working with this substance.

### Respiratory Protection

**IMPROPER USE OF RESPIRATORS IS DANGEROUS.** Such equipment should only be used if the employer has a written program that takes into account workplace conditions, requirements for worker training, respirator fit testing and medical exams, as described in OSHA 1910.134.

- \* For field applications check with your supervisor and your safety equipment supplier regarding the appropriate respiratory equipment.
- \* NIOSH has established new testing and certification requirements for negative pressure, air purifying, particulate filter and filtering facepiece respirators. The filter classifications of dust/mist/fume, paint spray or pesticide prefilters, and filters for radon daughters, have been replaced with the N, R, and P series. Each series has three levels of filtering efficiency: 95%, 99%, and 99.9%. Check with your safety equipment supplier or your respirator manufacturer to determine which respirator is appropriate for your facility.
- \* If while wearing a filter or cartridge respirator you can smell, taste, or otherwise detect **Sodium Fluoride**, or if while wearing particulate filters abnormal resistance to breathing is experienced, or eye irritation occurs while wearing a full facepiece respirator, leave the area immediately. Check to make sure the respirator-to-face seal is still good. If it is, replace the filter or cartridge. If the seal is no longer good, you may need a new respirator.
- \* Be sure to consider all potential exposures in your workplace. You may need a combination of filters, prefilters or cartridges to protect against different forms of a chemical (such as vapor and mist) or against a mixture of chemicals.
- \* Where the potential exists for exposure over **25 mg/m<sup>3</sup>**, use a NIOSH approved supplied-air respirator with a full facepiece operated in a pressure-demand or other positive-pressure mode. For increased protection use in combination with an auxiliary self-contained breathing apparatus operated in a pressure-demand or other positive-pressure mode.

## QUESTIONS AND ANSWERS

- Q: If I have acute health effects, will I later get chronic health effects?
- A: Not always. Most chronic (long-term) effects result from repeated exposures to a chemical.
- Q: Can I get long-term effects without ever having short-term effects?
- A: Yes, because long-term effects can occur from repeated exposures to a chemical at levels not high enough to make you immediately sick.
- Q: What are my chances of getting sick when I have been exposed to chemicals?
- A: The likelihood of becoming sick from chemicals is increased as the amount of exposure increases. This is determined by the length of time and the amount of material to which someone is exposed.

- Q: When are higher exposures more likely?
- A: Conditions which increase risk of exposure include dust releasing operations (grinding, mixing, blasting, dumping, etc.), other physical and mechanical processes (heating, pouring, spraying, spills and evaporation from large surface areas such as open containers), and "confined space" exposures (working inside vats, reactors, boilers, small rooms, etc.).
- Q: Is the risk of getting sick higher for workers than for community residents?
- A: Yes. Exposures in the community, except possibly in cases of fires or spills, are usually much lower than those found in the workplace. However, people in the community may be exposed to contaminated water as well as to chemicals in the air over long periods. This may be a problem for children or people who are already ill.
- Q: Don't all chemicals cause cancer?
- A: No. Most chemicals tested by scientists are not cancer-causing.
- Q: Can men as well as women be affected by chemicals that cause reproductive system damage?
- A: Yes. Some chemicals reduce potency or fertility in both men and women. Some damage sperm and eggs, possibly leading to birth defects.
- Q: Who is at the greatest risk from reproductive hazards?
- A: Pregnant women are at greatest risk from chemicals that harm the developing fetus. However, chemicals may affect the ability to have children, so both men and women of childbearing age are at high risk.

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The following information is available from:

New Jersey Department of Health and Senior Services  
Occupational Health Service  
PO Box 360  
Trenton, NJ 08625-0360  
(609) 984-1863  
(609) 984-7407 (fax)

Web address: <http://www.state.nj.us/health/eoh/odisweb/>

### **Industrial Hygiene Information**

Industrial hygienists are available to answer your questions regarding the control of chemical exposures using exhaust ventilation, special work practices, good housekeeping, good hygiene practices, and personal protective equipment including respirators. In addition, they can help to interpret the results of industrial hygiene survey data.

### **Medical Evaluation**

If you think you are becoming sick because of exposure to chemicals at your workplace, you may call personnel at the Department of Health and Senior Services, Occupational Health Service, who can help you find the information you need.

### **Public Presentations**

Presentations and educational programs on occupational health or the Right to Know Act can be organized for labor unions, trade associations and other groups.

### **Right to Know Information Resources**

The Right to Know Infoline (609) 984-2202 can answer questions about the identity and potential health effects of chemicals, list of educational materials in occupational health, references used to prepare the Fact Sheets, preparation of the Right to Know Survey, education and training programs, labeling requirements, and general information regarding the Right to Know Act. Violations of the law should be reported to (609) 984-2202.

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## DEFINITIONS

**ACGIH** is the American Conference of Governmental Industrial Hygienists. It recommends upper limits (called TLVs) for exposure to workplace chemicals.

A **carcinogen** is a substance that causes cancer.

The **CAS number** is assigned by the Chemical Abstracts Service to identify a specific chemical.

**CFR** is the Code of Federal Regulations, which consists of the regulations of the United States government.

A **combustible** substance is a solid, liquid or gas that will burn.

A **corrosive** substance is a gas, liquid or solid that causes irreversible damage to human tissue or containers.

**DEP** is the New Jersey Department of Environmental Protection.

**DOT** is the Department of Transportation, the federal agency that regulates the transportation of chemicals.

**EPA** is the Environmental Protection Agency, the federal agency responsible for regulating environmental hazards.

A **fetus** is an unborn human or animal.

A **flammable** substance is a solid, liquid, vapor or gas that will ignite easily and burn rapidly.

The **flash point** is the temperature at which a liquid or solid gives off vapor that can form a flammable mixture with air.

**IARC** is the International Agency for Research on Cancer, a scientific group that classifies chemicals according to their cancer-causing potential.

**IRIS** is the Integrated Risk Information System database of the federal EPA.

A **miscible** substance is a liquid or gas that will evenly dissolve in another.

**mg/m<sup>3</sup>** means milligrams of a chemical in a cubic meter of air. It is a measure of concentration (weight/volume).

A **mutagen** is a substance that causes mutations. A **mutation** is a change in the genetic material in a body cell. Mutations can lead to birth defects, miscarriages, or cancer.

**NAERG** is the North American Emergency Response Guidebook. It was jointly developed by Transport Canada, the United States Department of Transportation and the Secretariat of Communications and Transportation of Mexico. It is a guide for first responders to quickly identify the specific or generic hazards of material involved in a transportation incident, and to protect themselves and the general public during the initial response phase of the incident.

**NFPA** is the National Fire Protection Association. It classifies substances according to their fire and explosion hazard.

**NIOSH** is the National Institute for Occupational Safety and Health. It tests equipment, evaluates and approves respirators, conducts studies of workplace hazards, and proposes standards to OSHA.

**NTP** is the National Toxicology Program which tests chemicals and reviews evidence for cancer.

**OSHA** is the Occupational Safety and Health Administration, which adopts and enforces health and safety standards.

**PEL** is the Permissible Exposure Limit which is enforceable by the Occupational Safety and Health Administration.

**PIH** is a DOT designation for chemicals which are Poison Inhalation Hazards.

**ppm** means parts of a substance per million parts of air. It is a measure of concentration by volume in air.

A **reactive** substance is a solid, liquid or gas that releases energy under certain conditions.

**STEL** is a Short Term Exposure Limit which is usually a 15-minute exposure that should not be exceeded at any time during a work day.

A **teratogen** is a substance that causes birth defects by damaging the fetus.

**TLV** is the Threshold Limit Value, the workplace exposure limit recommended by ACGIH.

The **vapor pressure** is a measure of how readily a liquid or a solid mixes with air at its surface. A higher vapor pressure indicates a higher concentration of the substance in air and therefore increases the likelihood of breathing it in.

## HANDLING AND STORAGE

- \* Prior to working with **Sodium Fluoride** you should be trained on its proper handling and storage.
- \* **Sodium Fluoride** is not compatible with STRONG ACIDS (such as HYDROCHLORIC, SULFURIC and NITRIC); STRONG BASES (such as SODIUM HYDROXIDE and POTASSIUM HYDROXIDE); OXIDIZING AGENTS (such as PERCHLORATES, PEROXIDES, PERMANGANATES, CHLORATES, NITRATES, CHLORINE, BROMINE and FLUORINE); and CHEMICALLY ACTIVE METALS (such as POTASSIUM, SODIUM, MAGNESIUM and ZINC).
- \* Store in tightly closed containers in a cool, well-ventilated area away from COMBUSTIBLES and MOISTURE.

Hazard rating	NJDHSS	NFPA
<b>FLAMMABILITY</b>	-	0
<b>REACTIVITY</b>	-	0
POISONOUS GASES ARE PRODUCED IN FIRE CONTAINERS MAY EXPLODE IN FIRE		

*Hazard Rating Key: 0=minimal; 1=slight; 2=moderate; 3=serious; 4=severe*

## FIRE HAZARDS

- \* Extinguish fire using an agent suitable for type of surrounding fire. **Sodium Fluoride** itself does not burn.
- \* POISONOUS GASES ARE PRODUCED IN FIRE, including *Fluorine Oxides, Sodium Oxides* and *Hydrogen Fluoride*.
- \* CONTAINERS MAY EXPLODE IN FIRE.
- \* Use water spray to keep fire-exposed containers cool.
- \* **Sodium Fluoride** may ignite combustibles (wood, paper and oil ).
- \* If employees are expected to fight fires, they must be trained and equipped as stated in OSHA 1910.156.

## SPILLS AND EMERGENCIES

If **Sodium Fluoride** is spilled or **Sodium Fluoride** in solution is spilled or leaked, take the following steps:

- \* Evacuate persons not wearing protective equipment from area of spill or leak until clean-up is complete.
- \* Collect powdered material in the most convenient and safe manner and deposit in sealed containers.
- \* Absorb liquids in vermiculite, dry sand, earth, or a similar material and deposit in sealed containers.
- \* Ventilate and wash area after clean-up is complete.
- \* It may be necessary to contain and dispose of **Sodium Fluoride** as a HAZARDOUS WASTE. Contact your state Department of Environmental Protection (DEP) or your regional office of the federal Environmental Protection Agency (EPA) for specific recommendations.
- \* If employees are required to clean-up spills, they must be properly trained and equipped. OSHA 1910.120(q) may be applicable.

FOR LARGE SPILLS AND FIRES immediately call your fire department. You can request emergency information from the following:

CHEMTREC: (800) 424-9300  
NJDEP HOTLINE: 1-877-WARN-DEP

## FIRST AID

**For POISON INFORMATION call 1-800-222-1222**

## Eye Contact

- \* Immediately flush with large amounts of water for at least 15 minutes, occasionally lifting upper and lower lids. Seek medical attention immediately.

## Skin Contact

- \* Quickly remove contaminated clothing. Immediately wash contaminated skin with large amounts of water.

## Breathing

- \* Remove the person from exposure.
- \* Begin rescue breathing (using universal precautions) if breathing has stopped and CPR if heart action has stopped.
- \* Transfer promptly to a medical facility.

## PHYSICAL DATA

**Water Solubility:** Soluble

## OTHER COMMONLY USED NAMES

**Chemical Name:**

## Sodium Fluoride

**Other Names:**

Sodium Hydrofluoride; Sodium Monofluoride; Floridine; Roach Salt

*Not intended to be copied and sold for commercial purposes.*

NEW JERSEY DEPARTMENT OF HEALTH AND  
SENIOR SERVICES

## Right to Know Program

PO Box 368, Trenton, NJ 08625-0368  
(609) 984-2202